

# Adventure Activities

## A guide to good practice sources

### Document control

#### Version 4

Changes from version 3	Where
NZMGA Terrain Guidelines added	Glacier walking, Mountaineering, Snow activities
Australian sources moved to Column B	Throughout

### Introduction

This document provides a guide to written sources of operational good practice information for adventure activities. Written sources of information should be supported by technical expert interpretation in the context of each operation.

Where legislation requires a specific good practice document to be followed, it is a legal requirement to do so. Where good practice information is developed by a regulator, it is expected to be followed or an alternative practice must be justified as being at least as good. All other written sources of information require careful consideration before deciding how much they can be relied on to inform good practice.

Factors to consider include:

- Is it informed by suitable experts and broadly consulted?
- Is it current?
- Do New Zealand operators support the document as representing good practice?
- Does it cover all relevant topics?

Activities without reliable sources of written good practice information rely very heavily on technical experts to represent good practice.

The information in this document is split into two tables: Table 1 for activities with Activity Safety Guidelines (ASGs) and Table 2 for those without. ASGs are considered to be a reliable source of good practice information.

The table provides audit teams, operators, and other interested parties with a list of documented resources of operational good practice for adventure activities. This list is not exhaustive or prescriptive, either in terms of the adventure activities or possible good practice documents.

Some adventure activities need facilities, equipment, or other services. The table does not include references, such as engineering standards, building codes, manufacturers' recommendations and so on, that could be used to assess these elements.

This document will be updated from time to time – check [www.supportadventure.co.nz](http://www.supportadventure.co.nz) for the latest version.

*Note:* For information on what constitutes good practice, and on how to use written and verbal sources of good practice information, see *Good Practice for Adventure Activities - a guide for auditors* on [www.supportadventure.co.nz](http://www.supportadventure.co.nz) and on [www.business.govt.nz/worksafe](http://www.business.govt.nz/worksafe)

## Table 1: Adventure activities with ASGs

Where there are other relevant sources of good practice written information, they are referred to in each ASG.

Adventure activity	Activity safety guideline (ASG)	Information from a regulator
Abseiling	<ul style="list-style-type: none"> <li>Abseiling v2</li> </ul>	
Bridge swinging	<ul style="list-style-type: none"> <li>High Wire and Swing v1.2</li> </ul>	
Canyon swinging	<ul style="list-style-type: none"> <li>High Wire and Swing v1.2</li> </ul>	
Canyoning	<ul style="list-style-type: none"> <li>Canyoning v2</li> </ul>	
Caving	<ul style="list-style-type: none"> <li>Caving v2</li> </ul>	
Coasteering	<ul style="list-style-type: none"> <li>Coasteering v1</li> </ul>	
Heli-skiing	<ul style="list-style-type: none"> <li>Heli-skiing v1</li> </ul>	
High ropes course	<ul style="list-style-type: none"> <li>High Wire and Swing v1.2</li> </ul>	<ul style="list-style-type: none"> <li>WorkSafe: Zip line attachment safety</li> </ul>
High wire crossing	<ul style="list-style-type: none"> <li>High Wire and Swing v1.2</li> </ul>	<ul style="list-style-type: none"> <li>WorkSafe: Zip line attachment safety</li> </ul>
Off-road vehicle driving	<ul style="list-style-type: none"> <li>All Terrain Vehicles v1</li> </ul>	
Other climbing	<ul style="list-style-type: none"> <li>Indoor Climbing and climbing on other artificial structures v2</li> </ul>	
Quad biking	<ul style="list-style-type: none"> <li>All Terrain Vehicles v1</li> </ul>	
Scuba diving	<ul style="list-style-type: none"> <li>Dive v1</li> </ul>	<ul style="list-style-type: none"> <li>WorkSafe: Guidelines for Occupational Diving 2004</li> </ul>
Alpine hiking	<ul style="list-style-type: none"> <li>Alpine Hiking v1</li> </ul>	
Zipline (flying fox)	<ul style="list-style-type: none"> <li>High Wire and Swing v1.2</li> </ul>	<ul style="list-style-type: none"> <li>WorkSafe: Zip line attachment safety</li> </ul>

## Table 2: Adventure activities without ASGs

The titles of guidance documents (guidelines, codes of practice, rules, or standards) do not indicate how reliable the information may be. Consider the factors listed at the beginning of this document when deciding how much to rely on written sources of information.

Although they do not describe good practice, the scope and syllabus of [New Zealand Outdoor Instructor Association](#) (NZOIA) disciplines indicate content areas to consider.

This is not a definitive list of adventure activities that are subject to the Adventure Activities Regulations.

Adventure Activity	Information from a regulator	Column A Information that will most likely be useful to inform good practice	Column B Information that could be useful to inform good practice
Bungy jumping		<ul style="list-style-type: none"> <li>• High Wire and Swing ASG v1.2</li> <li>• AS/NZS 5848:2000 – Code of practice for bungy jumping</li> </ul>	
Canoeing – open water	<ul style="list-style-type: none"> <li>• MNZ Safety Guidelines: Commercial Kayaking and Canoeing Operations 2014</li> <li>• MNZ Safety Guidelines: Paddle craft rental activities – lakes, flat-water rivers and sheltered coastal areas 2010</li> <li>• MNZ Revised Draft Safety Guidelines for commercial rental paddle craft operations on the Whanganui River 2014</li> </ul>	<ul style="list-style-type: none"> <li>• Commercial Kayaking Operators’ Code of Conduct, Sept 2011</li> <li>• NZOIA Sea Kayaking assessment guides</li> </ul>	<ul style="list-style-type: none"> <li>• Safe Sit On Top Paddling – British Canoe Union</li> <li>• Western Australia Adventure Activity Standards: Canoeing, Kayaking &amp; Sea Kayaking v2</li> <li>• Queensland Adventure Activity Standards – Canoeing/Kayaking (Sea)</li> </ul>
Canoeing – white water	<ul style="list-style-type: none"> <li>• MNZ Safety Guidelines: Commercial Kayaking and Canoeing Operations 2014</li> <li>• MNZ Revised Draft Safety Guidelines for commercial rental paddle craft operations on the Whanganui River 2014</li> </ul>	<ul style="list-style-type: none"> <li>• Outdoor Activities – Guidelines for Leaders 2009</li> </ul>	<ul style="list-style-type: none"> <li>• NZOIA Kayaking assessment guides</li> <li>• Western Australia Adventure Activity Standards: Canoeing, Kayaking &amp; Sea Kayaking v2</li> </ul>
Free diving	<ul style="list-style-type: none"> <li>• MNZ Safety Guidelines for Commercial Vessels</li> </ul>	<ul style="list-style-type: none"> <li>• ISO13289: 2011 Recreational diving services – Require-</li> </ul>	<ul style="list-style-type: none"> <li>• Dive ASG v1</li> <li>• ISO24803:2007 Recreational diving</li> </ul>

Adventure Activity	Information from a regulator	Column A Information that will most likely be useful to inform good practice	Column B Information that could be useful to inform good practice
	Involved in Swimming Operations 2014	ments for the conduct of snorkelling excursions <ul style="list-style-type: none"> <li>Outdoor Activities – Guidelines for Leaders 2009</li> </ul>	services – requirements for recreational scuba diving service providers <ul style="list-style-type: none"> <li>AS/NZS 2299.3, section 3</li> <li>Western Australia Adventure Activity Standards – Snorkelling &amp; Wildlife Swims v1.2</li> </ul>
Glacier walking		<ul style="list-style-type: none"> <li>NZMGA Professional, Terrain, &amp; Supervision Guidelines Version V1310, 2013</li> </ul>	<ul style="list-style-type: none"> <li>Alpine Hiking ASG v1</li> <li>NZOIA Alpine assessment guides</li> </ul>
Horse trekking	<ul style="list-style-type: none"> <li>Riding Horses on Farms: Good Practice Guidelines</li> </ul>		<ul style="list-style-type: none"> <li>Outdoor Activities – Guidelines for Leaders 2009</li> <li>Western Australia Adventure Activity Standards – Horse Trail Riding v2</li> </ul>
Kayaking – open water	<ul style="list-style-type: none"> <li>MNZ Safety Guidelines: Commercial Kayaking and Canoeing Operations 2014</li> </ul>	<ul style="list-style-type: none"> <li>Commercial Kayaking Operators’ Code of Conduct, Sept 2011</li> <li>NZOIA Sea Kayaking assessment guides</li> </ul>	<ul style="list-style-type: none"> <li>Safe Sit On Top Paddling – British Canoe Union</li> <li>Western Australia Adventure Activity Standards: Canoeing, Kayaking &amp; Sea Kayaking v2</li> <li>Queensland Adventure Activity Standards – Canoeing /Kayaking (Sea)</li> </ul>
Kayaking – white water	<ul style="list-style-type: none"> <li>MNZ Safety Guidelines: Commercial Kayaking and Canoeing Operations 2014</li> </ul>	<ul style="list-style-type: none"> <li>NZOIA Kayaking assessment guides</li> <li>Outdoor Activities – Guidelines for Leaders 2009</li> </ul>	<ul style="list-style-type: none"> <li>Western Australia Adventure Activity Standards: Canoeing, Kayaking &amp; Sea Kayaking v2</li> <li>Queensland Adventure Activity Standards – Canoeing/Kayaking (Whitewater)</li> </ul>

Adventure Activity	Information from a regulator	Column A Information that will most likely be useful to inform good practice	Column B Information that could be useful to inform good practice
Kite surfing		<ul style="list-style-type: none"> <li>• Yachting New Zealand Safety Regulations Part 1</li> </ul>	
Mountain biking		<ul style="list-style-type: none"> <li>• Outdoor Activities – Guidelines for Leaders 2009</li> </ul>	<ul style="list-style-type: none"> <li>• Mountain biking – health and safety guidance – Education Scotland</li> <li>• Queensland Adventure Activity Standards – Mountain Biking</li> <li>• Western Australia Adventure Activity Standards – Mountain Biking v2</li> </ul>
Mountaineering		<ul style="list-style-type: none"> <li>• NZMGA Professional, Terrain, &amp; Supervision Guidelines Version V1310, 2013</li> <li>• NZOIA Alpine assessment guides</li> <li>• MSC NZ Guidelines &amp; Recording Standards for Weather, Snow-pack &amp; Avalanche Observations</li> </ul>	<ul style="list-style-type: none"> <li>• Heli-skiing ASG v1</li> </ul>
Off-road vehicle driving		<ul style="list-style-type: none"> <li>• Automotive Training and Events Association Code of Practice 2012 – contact Shane Cameron: <a href="mailto:shane@offroadnz.co.nz">shane@offroadnz.co.nz</a></li> </ul>	<ul style="list-style-type: none"> <li>• All Terrain Vehicle ASG v1</li> <li>• Queensland Adventure Activity Standards – Trail Bike Touring</li> <li>• Motorcycle Event Association NZ Code of Practice 2013 – contact Greg Power: <a href="mailto:greg@poweradventures.co.nz">greg@poweradventures.co.nz</a></li> <li>• Queensland Adventure Activity Standards – Four Wheel Driving</li> <li>• Western Australia Adventure Activity</li> </ul>

Adventure Activity	Information from a regulator	Column A Information that will most likely be useful to inform good practice	Column B Information that could be useful to inform good practice
			Standards – Four Wheel Driving v2
Pack and tube rafting	<ul style="list-style-type: none"> <li>• MNZ Safety Guidelines: Commercial white-water-boarding operations 2014</li> <li>• Maritime Rules Part 81: Commercial Rafting Operations Also see Part 81 supporting documents</li> </ul>		
River boarding	<ul style="list-style-type: none"> <li>• MNZ Safety Guidelines: Commercial white-water-boarding operations 2014</li> <li>• Maritime Rules Part 81: Commercial Rafting Operations Also see Part 81 supporting documents</li> </ul>		
Rock climbing		<ul style="list-style-type: none"> <li>• NZOIA Rock Climbing assessment guides</li> </ul>	<ul style="list-style-type: none"> <li>• Indoor Climbing and climbing on other artificial structures ASG v2</li> <li>• Abseiling ASG v2</li> <li>• Queensland Adventure Activity Standards – Rock Climbing</li> <li>• Western Australia Adventure Activity Standards – Rock Climbing v2</li> </ul>
Sailing	<ul style="list-style-type: none"> <li>• Maritime Rules Part 91</li> <li>• Maritime Rules Part 40E</li> <li>• MNZ Safer Boating: An Essential Guide 2014</li> </ul>	<ul style="list-style-type: none"> <li>• Yachting New Zealand safety regulations of sailing Part 1 2013–2016</li> </ul>	<ul style="list-style-type: none"> <li>• Western Australia Adventure Activity Standards: Canoeing, Kayaking &amp; Sea Kayaking v2</li> </ul>
Snorkelling	<ul style="list-style-type: none"> <li>• MNZ Safety Guidelines for Commercial Vessels Involved in</li> </ul>	<ul style="list-style-type: none"> <li>• Dive training organisation protocols</li> </ul>	<ul style="list-style-type: none"> <li>• Dive ASG v1</li> <li>• Western Australia Adventure Activity</li> </ul>

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	Swimming Operations 2014	<ul style="list-style-type: none"> <li>• ISO13289: 2011 Recreational diving services – Requirements for the conduct of snorkelling excursions</li> <li>• AS/NZS 2299.3:2003 Occupational diving operations – recreational industry diving and snorkelling</li> </ul>	Standards – Snorkelling & Wildlife Swims v1.2
Snow activities, eg avalanche education or snow caving		<ul style="list-style-type: none"> <li>• MSC NZ Guidelines &amp; Recording Standards for Weather, Snow-pack &amp; Avalanche Observations</li> <li>• SANZ Ski Area Risk Management</li> </ul>	<ul style="list-style-type: none"> <li>• Heli-skiing ASG v1</li> <li>• NZMGA Professional, Terrain, &amp; Supervision Guidelines Version V1310, 2013</li> </ul>
Stand up paddleboarding – open water	<ul style="list-style-type: none"> <li>• MNZ Safety Guidelines: Commercial Kayaking and Canoeing Operations 2014</li> <li>• MNZ Rule Part 91</li> </ul>		<ul style="list-style-type: none"> <li>• NZOIA Sea Kayaking assessment guides</li> <li>• Commercial Kayaking Operators' Code of Conduct, Sept 2011</li> <li>• Queensland Adventure Activity Standards – Canoeing/Kayaking</li> <li>• Western Australia Adventure Activity Standards: Canoeing, Kayaking &amp; Sea Kayaking v2</li> </ul>
Stand up paddleboarding – white water	<ul style="list-style-type: none"> <li>• Maritime Rules Part 81: Commercial Rafting Operations Also see Part 81 supporting documents</li> <li>• MNZ Safety Guidelines: Commercial white-water-boarding operations 2014</li> <li>• MNZ Safety Guidelines: Commercial Kayaking</li> </ul>		<ul style="list-style-type: none"> <li>• Outdoor Activities – Guidelines for Leaders 2009</li> <li>• NZOIA Kayaking assessment guides</li> <li>• Western Australia Adventure Activity Standards: Canoeing, Kayaking &amp; Sea Kayaking v2</li> <li>• Queensland Adventure Activity</li> </ul>

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	and Canoeing Operations 2014 <ul style="list-style-type: none"> <li>• MNZ Revised Draft Safety Guidelines for commercial rental paddle craft operations on the Whanganui River 2014</li> </ul>		Standards – Canoeing/Kayaking
Trail biking		<ul style="list-style-type: none"> <li>• Motorcycle Event Association NZ Code of Practice 2013 – contact Greg Power: <a href="mailto:greg@poweradventures.co.nz">greg@poweradventures.co.nz</a></li> </ul>	<ul style="list-style-type: none"> <li>• All Terrain Vehicle ASG v1</li> <li>• Automotive Training and Events Association Code of Practice 2012 – contact Shane Cameron: <a href="mailto:shane@offroadnz.co.nz">shane@offroadnz.co.nz</a></li> <li>• Outdoor Activities – Guidelines for Leaders 2009</li> <li>• Queensland Adventure Activity Standards – Trail Bike Touring</li> <li>• Western Australia Adventure Activity Standards – Trail Bike Touring v2</li> </ul>
Windsurfing	<ul style="list-style-type: none"> <li>• MNZ Safer Boating: An Essential Guide 2014</li> <li>• Maritime Rule part 91</li> </ul>	<ul style="list-style-type: none"> <li>• Yachting New Zealand safety regulations of sailing Part 1 2013– 2016</li> </ul>	<ul style="list-style-type: none"> <li>• Outdoor Activities – Guidelines for Leaders 2009</li> <li>• Commercial Kayaking Operators’ Code of Conduct, Sept 2011</li> <li>• Western Australia Adventure Activity Standards: Canoeing, Kayaking &amp; Sea Kayaking v2</li> </ul>